

Basic Strokes

Overview:

Students practice basic paddling strokes.

Associated Objectives:

- ☐ Students will become familiar with basic strokes for canoeing or kayaking and demonstrate their ability to use them.

Time:

30 – 45 minutes

Materials:

Canoe or kayak paddles, canoes or kayaks, PFDs

Directions:

Line students up in rows spaced at least five feet apart. Demonstrate each stroke as described in “Basic Strokes” in the **Canoe Paddling** or **Kayak Paddling** section of the *Background Information*. Have students repeat your actions after you perform each stroke until they have mastered it. (Optional: If you have experienced paddlers in the group, pair them with novices, so they can help coach them.)

Have students correctly don their PFD’s. (See the activity, “Sinkers and Floaters.”) Then have them load their crafts (See the activity, “All Aboard!: Boarding and Launching the Craft.”) Now they can practice the strokes on water. You may wish to demonstrate each stroke again so students can repeat your actions.

Evaluation:

Students should be able to correctly demonstrate basic strokes.

Extension:

Go paddling orienteering. Refer to the “Orienteering” activities in the *Introduction to Outdoor Skills* module. Set up a course on the water and do it in boats. Do the activities found in the *Paddling Exercises* at the end of this unit.